## Mealtime Guides

## What are Mealtime Guides?

Mealtimes Guides aim to help staff to quickly check residents' assistance needs and their preferences for food and drink.

## The guides are colour coded:

This indicates that the resident does not need assistance to eat or drink.

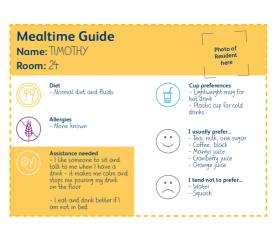
Mealtime Guide
Name: MARIE
Room: 16

Diet
- Diabetic
- Diabetic

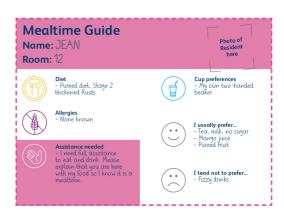
Allergies
- Gluten (Celliac)

Assistance needed
- I am able to eat and drink independently
- I especially like lots of tea

This indicates that the resident needs some assistance, prompting or encouragement to eat or drink.



This indicates that the resident needs assistance to eat or drink.



# Mealtime Guide

Name: MARIE

**Room: 16** 



- Diabetic



## **Allergies**

- Gluten (Celliac)



## Assistance needed

- I am able to eat and drink independently

- I especially like lots of



## **Cup preferences**

- Standard mugs and glasses

Photo of

Resident here



### I usually prefer...

- Milky tea, no sugar - Fresh juice (all types)

- Soup - Custard



## I tend not to prefer... - Yoghurt

A little bit about me

I enjoy...

being around other people, sitting in the garden and visits from my family.

I used to work as...

a shop owner.

## Mealtime Guide

Name: TIMOTHY

**Room:** 24

Photo of Resident here



#### Diet

- Normal diet and fluids



#### Allergies

- None known



#### Assistance needed

- I like someone to sit and talk to me when I have a drink - it makes me calm and stops me pouring my drink on

- I eat and drink better if I am not in bed



## Cup preferences

drinks

Lightweight mug for hot drinkPlastic cup for cold



### I usually prefer...

- Tea, milk, one sugar

Coffee, blackMango juice

- Cranberry juice - Orange juice



## I tend not to prefer...

- Water

- Squash

## A little bit about me

I enjoy...

listening to the radio, a nice cup of tea and visits from my friends.

I used to work as...

a legal advisor.

# Mealtime Guide

Name: JEAN

**Room: 12** 



Diet

- Pureed diet, Stage 2 thickened fluids



Cup preferences

- My own two-handed beaker

Photo of

Resident here



Allergies

- None known



I usually prefer...

- Tea, milk, no sugar

- Mango juice - Pureed fruit



Assistance needed

- I need full assistance to eat and drink. Please explain that you are here with my food so I know it is a mealtime.



I tend not to prefer...
- Fizzy drinks

## A little bit about me

I enjoy...

watching films and attending activities in the home.

I used to work as...

a primary school teacher.